

“BASIC BUT BRUTAL” 15-MINUTE KB PROGRAM

toobusyforthegym

MONDAY

10 pushups
15 KB swings } 5 Rounds

TUESDAY

5 Rounds { 10 KB Goblet Squats
15 KB Deadlifts

WEDNESDAY

Rest

THURSDAY

4 Rounds { 15 KB Single Arm Rows
10 Pushups
10 KB Swings

FRIDAY

10 KB split squats
10 KB goblet squats
10 Suitcase deadlift
each side } 4 Rounds

SATURDAY

Rest

SUNDAY

Rest

NOTES

- Perform each round with no rest between exercises. Only rest between rounds.
- Over time, increase the number of reps and/or weight you use.
- Over time, work up to 8-10 rounds per workout.
- Include a short warm up to raise heart rate e.g. jumping jacks, marching.
- Keep rest times short: around 1 minute between rounds.

Exercise Glossary

Kettlebell Deadlift: Stand over the kettlebell, hinge at the hips with a flat back and soft knees, grab the handle, and drive through your heels to stand tall. Keep the bell close to your body and your shoulders packed.

Kettlebell Goblet Squat: Hold the kettlebell at chest level with elbows tucked, push your hips back and squat down until your elbows touch your knees, then drive through your heels to stand. Keep your chest proud and knees tracking over your toes.

Kettlebell Single Arm Row: With one hand braced on a bench or knee, pull the kettlebell towards your ribcage while keeping your back flat and elbow close to your body. Pause at the top, then lower under control without twisting your torso.

Kettlebell Suitcase Deadlift: Stand tall with the kettlebell at your side, hinge at the hips to lower the bell while keeping your spine neutral and hips level. Drive through your heels to return to standing, resisting any sideways lean.

Kettlebell Split Squat: Step into a lunge stance, hold the kettlebell in the goblet position or by your side, and lower your back knee straight down while keeping your front heel planted. Push through your front foot to return to the top without leaning forward.

Kettlebell Swing: Hinge at the hips, not the knees, and drive the kettlebell forward with explosive power from your glutes, letting it float to chest height. Snap your hips forward and keep your arms relaxed.

Pushup: Keep your body in a straight line from head to heels, lower your chest just above the floor by bending your elbows at 45 degrees, then push back up without letting your hips sag or pike. Brace your core and squeeze your glutes throughout.